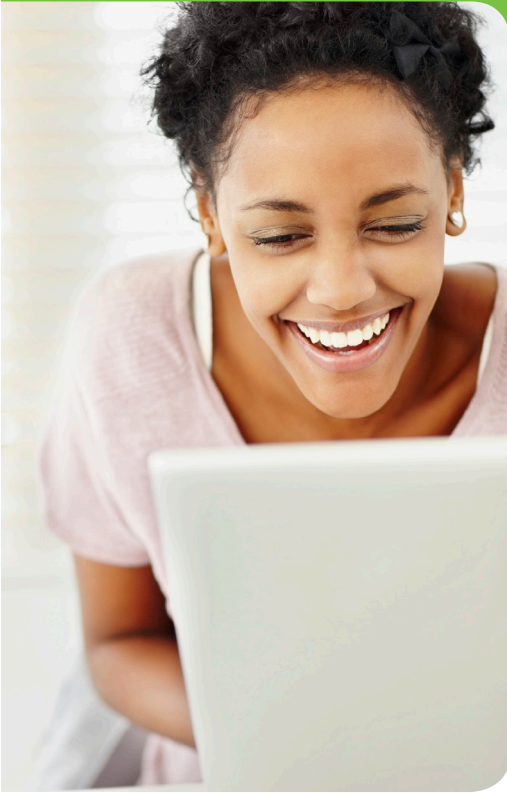


Getting started with HumanaVitalitySM



Getting healthy can be fun and rewarding

HumanaVitality encourages and rewards you to be proactive about making smarter choices and lasting changes to better your health.

Know your health.

Take the health assessment which asks questions about your medical history, eating habits, physical exercise, and other activities and behaviors. You'll receive a My Health Results report to view aspects of your health that require more attention as well as suggestions on improving them. You'll also get your Vitality AgeTM, an age-adjusted estimate of your risk for developing lifestyle-related conditions based on your answers to the health assessment.

Plan with your Personal Pathway.

From the health assessment and other health profile information about you, HumanaVitality develops a personalized program and recommends goals and related activities to help you address health risks and achieve optimal health.

Engage in your health.

Some examples of HumanaVitality goals include reaching or maintaining a healthy weight, exercising regularly, and educating yourself about certain medical conditions or risks. For each goal you accomplish, you'll earn Vitality Points.TM

Get rewarded.

As you make progress, you can redeem Vitality Bucks[®] for rewards. From movie tickets and music downloads to electronics and hotel packages, the HumanaVitality MallSM provides a wide array of rewards to motivate you.

Getting started is easy.

- Go to Livingwell.ky.gov
- Choose "HumanaVitality" to log-in
(If you are not currently a MyHumana member, you will need your member ID number found on your medical ID card to register).
- Take the health assessment.

Visit Livingwell.ky.gov today!



Humana VitalitySM